



JENNIFER ROGERS SWAN MEMORIAL MEET

MAY 3-4, 2024

Gerry and Jane Swan Track at Rotary Stadium
32470 Haida Drive, Abbotsford, BC

Jennifer Rogers Swan, daughter of Gerry and Jane Swan, was a member of the Valley Royals Track & Field Club from its inaugural year (1980). She was a 400m hurdle specialist, winning the BC high school event with a time of 62.12 seconds. She attended BYU, where she earned her teaching degree. We lost Jennifer on February 10, 2014, in a car accident. For more information, please visit www.valleyroyals.ca where you can find a biography written by her father, Gerry, and a "Remembering Jennifer Rogers Swan" page with notes from many of her family and friends.

SIGNATURE EVENT

This meet will feature a 400m Hurdle race in honour of Jennifer for U18, U20 & Open Categories

This is a BC Athletics-sanctioned meet with events open to all ages, though with some restrictions with respect to distances and implement weights at certain ages (see Schedule). **MASTERS Athletes may compete in the Open Category**

Valley Royals reserve the right to limit entries.

Meet Organizer	Debbie Foote/Dawn Driver	debbieandabresia@hotmail.com
Meet Secretary	Dawn Driver	dawn_driver@hotmail.com
Meet Director	Paul Trustham/Debbie Foote	paultrustham@telus.net

Age Groups: JD 9 (2015), JD 10 (2014), JD 11 (2013), JD 12 (2012), JD 13 (2011), U16 (2009-2010), U18 (2007-2008), U20 (2005-2006), Open (2004 and earlier). Masters welcome to enter in Open categories. Hurdles will be age appropriate height and distance.

Events offered: Hammer (JD 12 – Open), Discus (JD 9 – Open), Shot Put (JD 9 – Open), Javelin (JD12-Open), High Jump (JD 9 – Open), Long Jump (JD 9 – Open), Pole Vault (U16-Open) 1500m Steeplechase (U16), 2000m Steeple Chase (U18), 1500RW (JD 13, U16), 80m Hurdles (U16 Women), 100m Hurdles (U16 men, U18-Open women), 110m Hurdles (U18-Open men), 60m (JD 9 – 11), 100m (JD 12 – Open), 300m Hurdles (U16, masters W50+, M60+) 400m Hurdles (U18 – Open), 600m (JD 9 – 11), 800m (JD 12 – Open), 200m (JD 11 – Open), 300m (JD 12 – U16), 400m (U18 – Open), 1200m (JD 12 – U16), 1500m (U18 – Open), 2000m (U16), 3000m (U18 - Open)

Special Olympics events: Long jump, standing long jump, shot put, 100m, 200m, 400m, 800m

Para athletes are welcome to register in age group, and results can be done in a para category.

Friday: Field: First event 4:00 pm Last event 7:00pm
Hammer
Discus
Long Jump

Saturday: Track: First event 9:00 am Last event 4:00 pm
Field: First event 9:00 am Last event 3:30 pm

Entry Deadline: Tuesday, April 30, 11:59 pm.

Register before the Entry Deadline, using the link that will be available on our homepage:

www.valleyroyals.ca

Non-BC Athletics members must register online and are subject to one day fee of \$5.00 per athlete.

Special Olympics register as follows:

- Please email valleyroyals.club@gmail.com to register and to e-transfer entry fees.
- If special arrangements are required, please email to discuss.
- Please provide the following details in your email:
 - Name (first/last), birthdate, club, male or female, and events

There is NO late registration.

Entry Fee: \$10.00 per event, except for:
\$20.00 flat fee for Special Olympics

Awards: Ribbons for the first 8 places.

Conflicting Events: IF TWO EVENTS OCCUR AT THE SAME TIME FOR AN ATHLETE, the athlete or the parent/coach should notify the field event organizer AND the track event marshal of the situation at the time that each event is marshalled.
A short time before the track event is run, the athlete must notify the field event officials and go to the race.
COMPETITION WILL NOT BE PUT ON HOLD UNTIL ATHLETES RETURN and Athletes cannot catch up on missed rounds of throws/jumps.
The athlete will enter the competition at the point that it has reached when they return.
This situation is a common occurrence at track and field meets.

Schedule: A copy of the Schedule can be found attached to this document but is subject to change.
An up-to date schedule is available online at www.valleyroyals.ca
Events may run up to 30 minutes ahead of schedule.
Schedule is subject to change, and please review it carefully.
All changes to posted results will be made in consultation with the Track or Field Referee and Meet Director.

Event Check-in

Marshalling: TRACK EVENTS - marshalled at the applicable start line. Please check in 20-30 minutes prior to start.
FIELD EVENTS – Please check in 20 – 30 minutes prior to the start.
NOTE: Please pay attention. The schedule can change, and events may move up.

Registration Packages: Registration packages, including athletes' numbers, will be available for pick up at the check-in table by coaches or team reps at 8:00. a.m. on Saturday.

Numbers must be worn for all running events on the front of athlete's singlet.

Numbers may be worn on front or back of singlet for field events.

Athletes must wear their assigned bib number. Athletes using another athlete's number will be disqualified from participating in the rest of the meet.

Additional Notes:

- EACH CLUB IS RESPONSIBLE FOR THE SUPERVISION AND CONDUCT OF THEIR ATHLETES.
- **Coaches, athletes and spectators are not allowed on the infield.** All coaches and spectators must stay out of the areas designated as competition areas.
- Coaching must take place from an area designated by the chief official.
- Athletes who are competing must stay within the competition area with the other competitors.
- Proper footwear must be worn for all events.



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Field Schedule

Friday, May 3

Time	Hammer Throw	Discus	Long Jump
3:00 pm	Weigh-in	Weigh-in	
4:00 pm	JD12-Open Women		U16-U18 Men
5:00 pm	JD12-Open Men		U20-Open Men
6:00 pm		U16-Open Women	U16-U18 Women
7:00 pm		U16-Open Men	U20-Open Women

Saturday, May 4

Weigh in at 8:00 am at the tall shed for all throwing events.

Time	Discus	Javelin	Shot Put	Long Jump	High Jump	Pole Vault
9:00 am		JD12-Open Men	JD 9-11 Boys	JD 9-11 Girls		
9:30 am					U16 – Open Women	
10:00 am		JD12-Open Women	JD 12-13 Boys	Special O M&W &standing LJ		
10:45 am					U16-Open Men	
11:00 am	JD 12-13 Girls		JD 9-11 Girls	JD 9-11 Boys		
11:45 am			Special O M&W		JD 9-13 Boys	
12:00 pm						
1:00 pm	JD 9-11 Boys		JD 12-13 Girls	JD 12-13 Boys		U16 – Open Men/Women
2:00 pm	JD 12-13 Boys		U16-Open Women		JD 9-13 Girls	
3:00 pm	JD 9-11 Girls		U16-Open Men	JD 12-13 Girls		

Track Schedule

Saturday, May 4

Women/Girls then Boys/Men, Youngest to oldest

Time	Event	Age
9:00 am	1500m Steeple Chase	U16
9:15 am	2000m Steeple Chase	U18
9:30 am	1500m Race Walk	JD13, U16
9:50 am	Women 80m Hurdles	U16
10:00 am	Women 100m Hurdles	U18 - Open
10:10 am	Men 100m Hurdles	U16
10:20 am	Men 110m Hurdles	U18 - Open
10:35 am	60m	JD 9 - 11
10:50 am	100m	JD 12 – Open and Special O
11:20 am	300m Hurdles	U16, Masters (W50+, M60+)
11:35 am	Jennifer Rogers Swan Signature Event: 400m Hurdles	U18 – Open
12:00 pm	Kids Fun Race	Track Rascals: age 8 and under; Parent participation encouraged
12:30 pm	600m	JD 9 – 11
12:45 pm	800m	JD 12 – Open and Special O
1:30 pm	200m	JD 11 – Open and special O
2:00 pm	300m	JD 12 – U16
2:20 pm	400m	U18 – Open and Special O
3:00 pm	1200m	JD 12 – U16
3:20 pm	1500m	U18 – Open
3:35 pm	2000m	U16
3:55 pm	3000m	U18 - Open